

dōTERRA®

# LIVING

SUMMER 2016



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DURING SUMMER BREAK

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bring  
your  
**SASSY**  
back

**SASSY**

back



A delicious and nutritious shake with a patented weight-loss ingredient, great source of protein, fiber, and essential nutrients.

**Slim & Sassy® TrimShake**

Available in:  
Vanilla, Chocolate, and Vegan formula

# ask Dr. Hill



**DR. DAVID K. HILL, DC**

Executive Vice President,  
Chief Medical Officer/Chairman,  
Scientific Advisory Committee

**Q:**

**Why do we apply  
essential oils to  
our feet?**

Everybody loves a foot massage, but the reason it is often recommended to apply essential oils to the bottom of the feet goes a little deeper. The skin on the bottom of the feet isn't necessarily different than it is on the rest of the body, but because of the thickness of the stratum corneum and hydration levels, it tends to be less sensitive than other areas of the body. This allows one to experience the benefits of topical application using essential oils, that may otherwise cause an irritation or would have to be heavily diluted. Furthermore, applying essential oils to the bottom of the feet is a great way to take advantage of the benefits of human touch and connect with a loved one.\*

Margetts L and Sawyer R. *Continuing Education in Anaesthesia, Critical Care & Pain*. 2007; 7(5):171-176.

**Should I take  
essential oils  
internally?**

Internal use of essential oil can not only be very effective, but also safe when proper guidelines are followed. Essential oils have been present in the diet of mankind since the dawn of existence and today essential oils are very commonly utilized as natural food flavorings. Historically, most of the concern about internal use revolves around the effects of essential oils on the mucosa, the membrane that lines various internal cavities. Like the skin, the mucosa has several layers designed to protect against disease and toxic exposure, and it is also in a perpetual state of restoration. If you've ever ingested essential oils, you'll notice a temporary sensation in the mouth or throat. This is because the mucosa rapidly absorbs and constantly dilutes any substance that it comes in contact with. Studies have actually shown that essential oils may be protective to the mucosa.\* Just remember to use the appropriate amounts, avoid specific oils not suggested for internal use, and consult your qualified health-care professional prior to consuming any dietary supplement. For more information about the safety of internal use, visit [doterrascienceblog.com/is-it-safe-to-ingest-essential-oils/](http://doterrascienceblog.com/is-it-safe-to-ingest-essential-oils/).

Coelho-de-Souza, A.N., et al. *Fundam Clin Pharmacol*. 2013; 27(3): p. 288-98.

**What essential  
oils do you  
recommend  
for after sun  
skin care?**

Long days of summer fun can leave skin in need of some TLC. Summer skin care begins with wearing protective clothing and sunscreen. There are also essential oils that can help maintain the look and feel of skin after a long day in the sun. Linalool, the primary constituent in Lavender, is soothing to the skin. Geranium, Basil, Frankincense, and Melaleuca have similar soothing properties that help to keep the skin looking healthy and vibrant. Dilute with dōTERRA® Fractionated Coconut Oil, or add to a base of aloe vera gel and apply topically to affected areas as needed.

Sakurai, H., et al. *Photochemical & Photobiological Sciences*. 2005; 4: p.715-720.

## The Doctor Recommends

After sun skin care:



Helichrysum  
item# 30410001



Frankincense  
item# 30070001



Geranium  
item# 3099001



Lavender  
item# 30110001



Peppermint  
item# 30190001



Melaleuca (Tea Tree)  
item# 30150001

\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

# Basil

Basil has a long history of use dating back more than 5,000 years. Basil leaves have been used as an herb to season various cuisines and can most commonly be found in your favorite Italian dish.

However, Basil is not just for adding exquisite flavor to food; it has many health benefits as well. As an essential oil, Basil has been known to help promote mental alertness and calm the nervous system when taken internally due to its high linalool content.\*

**Plant Part: Leaf**

**Extraction Method: Steam Distillation**

**Sourcing Origin: Egypt**

## HOW TO USE

### • Aromatically

- Diffuse 3–4 drops to promote a sense of focus and a stress-relieving experience.
- Mix with water in a spray bottle to freshen the air in the bathroom or kitchen.

### • Internally

- Add a few drops in recipes to enhance natural flavor.
- Mix with Lemon essential oil in a glass of cold water for a refreshing summer beverage.

### • Topically

- Massage 1–2 drops into your temples, the base of your neck, or other desired areas.
- Add 1–2 drops to your body wash, shampoo, or lotions.



## FUN FACT

Basil once was used for the preparation of holy water in Orthodox churches.

# Cō-Impact Sourcing® Arborvitae & Nootka

*British Columbia, Canada*



The Pacific Northwest is home to the largest temperate rainforest on the planet where more than 40 indigenous tree species grow, including the Giant Arborvitae and the Nootka coniferous trees. Both trees are an important part of the aboriginal First Nation history in British Columbia, Canada. In 2015, dōTERRA introduced Arborviate (*Thuja plicata*) as a single oil and the recently reformulated dōTERRA TerraShield® Outdoor Blend introduced earlier this year, both Arborvitae and Nootka essential oils are featured as key oil ingredients.



**T**he name **arborvitae** comes from the francophone version of the First Nation name meaning the "tree of life." For 10,000 years, this tree has been instrumental in their everyday lives. They used the tree to build canoes, long houses, and totem poles.

The **Nootka** tree is named after the Nootka tribe who resided in an area called the Nootka Sound. It is considered a "twin" to the arborvitae tree, and it has been used in many sculptures that are a significant part of the First Nation culture in that region.

Both trees also play an important part in the Pacific Northwest's forestry industry, which is one of the largest and yet most environmentally sustainable in the world. This industry also produces tons of sawdust every year that is normally burned for energy. But, there are other uses for it too. dōTERRA partners with a Canadian distiller that has perfected the productive use of the sawdust from these two unique trees to produce pure quality oils with powerful properties. They are the only distillery in the world producing Arborvitae and Nootka essential oils.

## FOREST SUSTAINABILITY

British Columbia is well-known for its sustainable forestry practices. Their rate of deforestation has been virtually zero for more than 20 years. Their entire annual harvest comes from less than 1 percent of the working forest. By law, all harvested





areas must be reforested. The seedlings must be native species, and none of them can be genetically modified.

Arborvitae and Nootka essential oils came about because of an effort to make sustainable use of all the elements of the trees, including capturing the important chemical components found in the sawdust residue. Because of the sustainable forestry program in place for harvesting these trees, not one additional tree is being cut down to produce the essential oils. Once the oil is extracted from the sawdust through a proprietary steam distillation process, the sawdust is then returned and used by paper mills for pulp production. **"All the resources, including these amazing and unique essential oils, are sustainably and responsibly harvested from these majestic trees—which of course is a key priority for our distillation partner and for dōTERRA,"** says Tim Valentiner, dōTERRA Director of Strategic Sourcing.

### WHAT MAKES THESE OILS UNIQUE?

## Arborvitae

Arborvitae essential oil has molecules called tropolones, which have a unique chemical structure. Most molecules in nature are six-sided; tropolones are seven-sided. This makes it so other sometimes harmful molecules don't know how to attack them. Because of this, they are natural preservatives. This oil is also an effective bug repellent. Arborvitae trees can live for up to 1,000 years, partially because they are naturally resistant to insects.

## Nootka

One chemical found in Nootka oil is nootkatone, which is strangely also found in grapefruits. This adds a sharp, citrusy note to Nootka oil and gives it similar properties to grapefruit oil. Nootka is also known for being a powerful insect repellent.



Arborvitae trees can live for up to **1,000 years**, partially because they are naturally resistant to insects.



Nootka and Arborvitae have both recently been added to the dōTERRA TerraShield® Outdoor Blend.



Create some fun in your home or backyard this summer with these easy to make DIY projects that will keep your kids busy for hours!

# Diy: Kids!

## TIP:

Make summer more exciting with a once-a-day challenge for your kids. Write your daily challenge on a small piece of paper. Challenges can include activities such as "have a picnic with mom," "help in the garden," "make playdough," or "go fishing with dad and catch one fish." Roll up the paper and place it in an empty essential oil bottle. Designate an area that the new challenge will be placed in every day. With this thrilling new trick, your kids will be rushing to see what's next!



## CHALKSICLES

### WHAT YOU NEED:

- ½ cup + 3 tablespoons of plaster of paris
- ¼ cup of water
- few drops of food coloring paste

**Note:** You can use traditional liquid food coloring; however, sometimes the colors won't stay true.

- popsicle silicone mold
- popsicle sticks
- 2-4 drops of Wild Orange essential oil for a summer scent

**Note:** This recipe makes enough for one chalksicle.

### DIRECTIONS:

1. In a plastic cup, mix the plaster, Wild Orange essential oil, and water until a paste forms. Mix in the food coloring for the color you desire.
2. Place the plaster mix inside the mold with a plastic spoon; insert a popsicle stick in the middle.
3. After about 45 minutes, the popsicle chalks will harden enough to take out of the molds. Dry upright in a cup until they are completely hardened.

**Tip:** Silicone molds are the best way to go. When the chalks are dry, roll the mold down the chalksicle.

## POLKA DOT SLIME

### WHAT YOU NEED:

- 2 five-ounce bottles of clear school glue
- liquid starch
- craft pom poms
- 2-3 drops of Lavender essential oil

### DIRECTIONS:

1. Pour glue into a bowl along with Lavender essential oil.
2. Add liquid starch a little bit at a time (in tablespoons) and stir well in between each tablespoon.  
**Tip:** Always shake your liquid starch container before use.  
**Note:** You will want to keep adding liquid starch until the slime is no longer stringy or sticking to the bowl.
3. Knead to make it uniform, then add your pom poms and knead them in as well.





## BOUNCY BALLS

### WHAT YOU NEED:

- ½ cup of water
- 1 teaspoon borax
- ¼ cup of clear glue
- glitter
- 1-2 drops of **dōTERRA Balance®** essential oil

### DIRECTIONS:

1. In a plastic cup, mix together water and borax. Once the borax dissolves, set aside.
  2. In a small bowl, mix together glue, **dōTERRA Balance** essential oil, and glitter until combined.
  3. Add glue substance to the water mixture; stir with a popsicle stick until it forms a clump of glue.
- Note:** *The glue will not combine with the water. Swirl it around until the glue becomes more solid.*
4. Take the glue out and place it on a paper towel. Fold the paper towel over it to dry the water.
  5. Play with it in your hands so all of the bubbles release, and the mixture forms a ball.

**Tip:** *Use two round tablespoons to get the perfect ball.*



## MOON SAND

### WHAT YOU NEED:

- 8 cups flour
- 1 cup vegetable oil
- 8-10 drops **Lavender** essential oil

### DIRECTIONS:

1. In large bowl combine all ingredients.
2. Mix with hands until well combined.

**Note:** *You may need to add more vegetable oil until you reach a moldable consistency.*



## PLAYDOUGH

### WHAT YOU NEED:

- 2 cups flour
- 2 cups colored water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- 5 drops of your favorite essential oil

### DIRECTIONS:

1. Combine all ingredients, except for essential oils, in a large saucepan and stir until combined.
  2. Once combined, put over medium heat. Using a spatula, continue to stir ingredients together until it forms a ball.
- Note:** *Don't overcook as it will lead to dry playdough.*
3. Remove from heat and cool on parchment paper.
  4. Once cool, add 5 drops of your favorite essential oil and knead until thoroughly combined.
  5. Store in an airtight container in the refrigerator for months of fun!

# EXERCISE RECOVERY

## TO REST OR NOT TO REST

Summer is near, time to kick up the exercise routine a notch and get in shape for swimsuit season. You have the greatest workout of your life, only to wake up the next day feeling like your training session took place in a UFC octagon rather than the local gym. "No pain, no gain" right?

Delayed onset of muscle soreness from exercise, better known as DOMS, is a real thing, and a real important concept to understand if you have any intentions of reaching those physical goals. While many people wear DOMS as a badge of honor or view its absence as evidence that they do not push hard enough, the reality is that soreness is a very poor indicator of muscular adaptation and can result in a condition simply referred to as overtraining. Exercise breaks down muscle tissue; contrary to popular belief, that pain you feel isn't actually weakness leaving your body, but microtears in the affected tissue. Through rest and proper nutrition those torn muscle fibers and the accompanying connective tissue repair, growing bigger, stronger, and more resilient through a process known as hypertrophy. Muscular adaptation does not occur while you are lifting weights or logging those miles on the treadmill; it transpires when you are resting. Knowing your body, understanding when enough is enough, and taking steps to properly recover is one of the keys of continual progression.

Exercising too much, too hard, or when you have not fully recovered can push your body's stress responses too far, with possibly disastrous results. Not only can overtraining hinder performance and result in a catabolic state, (where your body is actually breaking down muscle tissue in attempt to repair itself), but there are immediate negative hormonal, immune system, and musculoskeletal responses. Overtraining results in increased secretion of cortisol, the "stress hormone" that is greatly correlated with weight gain among many other negative health consequences. Overtraining can suppress your immune system as the energy needed for proper function is redirected to helping muscular recovery; not only are you physically sore, but you've increased your risk for becoming ill. Furthermore, overtraining can result in a chronically weakened muscular state, resulting in sprains and tears.



### PRE AND POST WORKOUT ESSENTIALS

- Deep Blue Polyphenol Complex™ • Deep Blue® Rub
- Lemongrass • Cypress • Cinnamon Bark • Marjoram
- Wintergreen • AromaTouch® • doTERRA Balance®

### BASIC TIPS TO AVOID OVERTRAINING



## ONE

Push your limits, don't backflip over them and continue sprinting toward overtraining. Yes, the foundation of adaptation is exposing your body to a stress it has never experienced before, but those steps should be incremental. Start slowly and push yourself a little farther each day.

## TWO

Pre exercise warm-up, post-exercise stretching. Stretching is one of the most misunderstood components of exercise. Although the latest research has made it clear that pre-exercise stretching is a no-no as it can hinder workout performance and even increase injury risk, a proper warm-up prepares you for a more effective workout and quicker recovery. Stretching post-workout is one of the best ways to relieve muscular tension. Maintaining flexibility, mobility, and muscular pliability are important for recovery and to keep injury risk low. Plan for it and accept that your workout will be 10 minutes longer because you need to warm-up and cool down—your body will thank you the next day.

## THREE

Get serious about nutrition. The answer to pretty much every health-related question is proper nutrition. Exercise recovery is no different. Protein shakes and post-exercise recovery drinks are all the rage in sports supplementation, but you don't need a drink consisting of a bunch of expensive ingredients you've never heard of. A combination of protein and fast-digesting carbohydrates will help replenish glycogen and vital nutrients, and regulate insulin levels in the normal range. Don't forget calcium, potassium, and sodium—electrolytes depleted during intense exercise. Chocolate milk is the current fad as it provides adequate amounts of both fast- and slow-digesting proteins (whey and casein), simple carbohydrates from the chocolate and calcium, but a Slim & Sassy® TrimShake mixed with some fruit can also do the trick.

## FOUR

Active recovery. While "rest" is the operative word, for best results you need to be pro-active about recovery. You don't want to work through the pain, but light movement and other active recovery techniques can help expedite the process. A light walk or bike ride, self-myofacial release (the scientific term for what you use those foam rollers for), yoga, or even a massage can stimulate blood flow and improve circulation to the broken down muscle tissue. Also, don't forget Deep Blue®, the perfect soothing blend after exercise, and a few drops of Lavender on your pillow to prepare for a restful sleep.



# How to Dress When You Weigh LESS

with Paige Sorensen, *Personal Stylist*  
and dōTERRA Wellness Advocate

*Dropping a few pounds may help you reduce your waistline, but it can also mean having to buy a new wardrobe. Shopping for clothes can be a great way to celebrate your lifestyle accomplishments. However, you may feel stuck as you try to find the right styles, sizes, and material for dressing your new figure.*

## Instantly Slimming Style Guide



# 7 Tips to Gain the Confidence You Need to Find Your Perfect Fit

## FALL IN LOVE WITH YOUR CLOSET AGAIN

No matter where you are in your weight loss journey, my number one recommendation is to color coordinate your closet. Not only will you look forward to opening your closet each morning, but color coordination relieves so much stress, pressure, and time in putting outfits together. I tell all my clients, no matter what, let's start with making these choices easier every day.

## DEFINE YOUR STYLE

As your body changes you need to honestly and patiently define your style. Be observant and look around. Notice colors, styles, and people. What are you drawn to? What do you want to project to the world every day? Try not to get stuck, because a lot of these decisions evolve throughout a weight loss journey.

## DON'T UNDERESTIMATE YOUR UNDIES

Don't forget about undergarments! In my experience, at least 80 percent of women are wearing the wrong sized undergarments. This can add extra material, lumps, and bumps in all the wrong places. Pay attention to what you put on first—it's the foundation of all great outfits.

## YOU'VE LOST WEIGHT, LET YOUR CLOTHES LOSE WEIGHT TOO

Let go of the baggy clothes. Fashion is evolutionary; it changes and flows. Allow your clothing to change with you. Give yourself permission to dress your new silhouette. If you haven't hit your goal yet, get yourself a few new pieces of clothing so you can still feel great, but not replace everything all at once. There's nothing more depressing than hating the way your clothes feel daily,

## ACCESSORIES ARE ONE-SIZE-FITS-ALL

No matter what body type, accessories always fit! A trendy purse, scarf, or shoes will brighten your day. Belts are a powerful tool to owning your new body. Adding a few accessory items to the mix is a fun way to show your personality.

## CELEBRATE YOUR ASSETS, DON'T

### MAGNIFY YOUR "FLAWS"

I challenge you to stand in front of a mirror and really see yourself. Take some time each day and look at your true self. Let's find the things you love about your body. Look at your neck, your shoulders, your arms, your legs. Help identify what you love and dress around those. Let's flip this way of thinking upside down. Normally, we dress to hide our so-called flaws. Now, let's dress to celebrate our assets. Everybody has them, go find yours!

## TIPS JUST FOR MEN

Invest in slim fit dress shirts. No need to have extra annoying bulk in your dress clothes. It's not just about the neck and the sleeve sizing anymore. Men's shirts include fits like classic, regular, fitted, slim, and ultra slim. Throw the classic and regular fits away. Slim or fitted dress shirts make all the difference!



Paige was born and raised in San Diego where she learned the art of finding hidden clothing treasures at thrift stores. She owned a clothing boutique in a popular college town which led her to an exciting career as a personal stylist over the last 10 years. She has combined her two passions—fashion and essential oils—and now travels all over teaching about oils and how to find identity and confidence in clothing. She loves to empower others to feel amazing inside and out. She has three children and a fantastically dressed husband. For more fashion tips, follow Paige on Instagram or [Facebook@fashionandoils](https://www.facebook.com/fashionandoils).

Flip to page 50 to learn more about  
the dōTERRA Slim & Sassy line.



# 10 SMART TIPS FOR PACKING

Summer is a popular time for vacations and traveling. For a stress-free packing experience, just remember these 10 tips:

## 1. Plan Ahead

Don't wait until the last minute to pack. Create a list of everything you'll need for your upcoming vacation. Make sure to check the weather and plan accordingly.

## 2. Lay It All Out

Lay everything out that you think you need for your trip, then get rid of about half of it. It's always helpful to think back to your last trip and what you packed. How much of that stuff did you actually use?

## 3. Roll, Don't Fold

Rolling your clothes takes less space and helps to keep everything less wrinkly. Lay your shirts, pants, and skirts face down, fold back the sleeves, then roll from the bottom up.

## 4. Think Small

Slim down your luggage, toiletries, and wardrobe. Take a carry-on instead of checking luggage to save time and money, and, most importantly, to avoid the hassle of dealing with extra baggage. You'll be quite surprised how much stuff you can fit in your carry-on, and you'll be much happier in the long run. "He who would travel happily must travel light." —Antoine de Saint-Exupery

## 5. Pack Layers

Keep your wardrobe simple and interchangeable. Bring versatile clothing that you can reuse in several outfits. Mix and match tops and bottoms to get more use out of your wardrobe. Also, packing dresses is a good way to save space. You can always bring a couple light accessory items such as a scarf or tie to polish off your look.

## 6. Prep Offline Mode

Long journeys are great for catching up on some entertainment. Download reading materials, your favorite TV shows, movies, or games. Audio books and podcasts make time fly during a road trip. Keep a portable charger on hand to make sure your gadgets never run out of power.

## 7. Bag It

Use plastic bags in various sizes to store toiletries, essential oils, or clothing items. Bring an extra bag or two for dirty laundry or a wet swimsuit. Pack your daily supplements and vitamins in small zip-lock bags or a dōTERRA® Vitamin Pouch to reduce bottle bulk.

## 8. Go Easy on the Shoes

Shoes take up the most room. Wear the heaviest pair, and pack the other lighter pairs. Pack rolled socks into your shoes to save space and keep shoes shaped. Separate shoes in bags and line them along the sides of the suitcase.

## 9. Pack Snacks

This is especially important when travelling with kids. Packing your own healthy snacks will also help you resist the temptation to buy something unhealthy along the way. Dry or fresh fruit, healthy granola bars, and trail mix make excellent snack options whether you are flying or driving.

## 10. Keep It Fresh

Place a few drops of your favorite essential oil on a used dryer sheet, then put the dryer sheet inside the luggage or individual clothing compartments to help your clothes smell fresh.

“Traveling around the world has made me re-think my carry-on! The key to surviving those long international flights is preparing that precious packed stuff under your seat. I like to pre-pack my snacks so I don't have to rely on peanuts and pretzels. Dried fruit (mandarin oranges are my favorite), nuts, and some fresh fruit go a long way to landing happy. In many cities, it will be hours before I have time to get a meal, so I like to save some snacks for my destination as well. **I always pack Lemon to add to my water—staying hydrated is my #1 travel tip.** Keeping your carry-on organized ensures





## dōTERRA® Travel Size To Go

Deep Blue® Rub Samples  
dōTERRA On Guard® Natural  
Shampoo/Conditioner Samples  
Whitening Toothpaste Samples  
Essential Oil Travel-Size  
Keychain Pouch

you can grab things quickly without rummaging in a black hole, and you know what you are missing when you jump up to leave the plane. I have small clutch-size fabric bags; one for electronics, snacks, oils, toiletries, misc. and entertainment (books etc.). You cannot have enough little bags! Make sure you pack the things you don't need on the flight at the bottom first, like the backup outfit. ☺

—Alyssa Balzotti,  
dōTERRA Director of Global Events

# AromaTouch® Technique

We connect as we give, as we share, as we touch.

Many people have a great passion for essential oils; however, they are sometimes unsure how to use them. Dr. David K. Hill, D.C., developed the AromaTouch Technique to help provide people with an uplifting experience using essential oils that can happen anywhere and at any time.



## Why AromaTouch Technique?

Different factors that we face in our daily lives can have an impact on our overall well-being. When dealing with a child who needs individual care, a friend frustrated with school, a spouse with stress from work, or a teenager worn out from sporting practice, the AromaTouch Technique can help. The specific oils used in combination with human touch provide multiple benefits. No matter what situation comes, you can feel empowered knowing there will always be the AromaTouch Technique. (See illustration below.)

## Why Aroma?

Many of our likes or dislikes of different smells come from the experiences we attach to them. There is convincing evidence that pleasant aromas can improve our mood and sense of well-being. Each essential oil in the AromaTouch Technique was selected for its individual aromatic properties, and

for their powerful aromatic properties when combined. The overall scent of the AromaTouch Technique is soothing, light, and pleasant to the senses.

## Why Touch?

Whether it is a hand shake or a hug, all physical touch holds different meanings. Even when sharing essential oils, there is a difference between rubbing the oils on someone's forearm and taking the time to really affect their overall well-being through the AromaTouch Technique. Physical touch is as important as the aroma because of its amazing healing benefits. While the main purpose of the technique is to apply the oils and provide the recipient with an essential oil experience, it is also about connecting with another person on an emotional level. The connections developed through the AromaTouch Technique form feelings of trust and help the recipient relax.

## Before AromaTouch



## After AromaTouch





## AromaTouch® Technique Kit

### STEP 1



**doTERRA Balance®** essential oil blend creates a sense of calmness and well-being. Starting the technique with this oil creates a great initial bond between the giver and the receiver.

**Ingredients:** Spruce, Ho Wood, Frankincense, and Blue Tansy, Blue Chamomile



**Lavender** essential oil has been cherished for its unmistakable aroma and calming properties for thousands of years. Due to its soothing nature, it is used in the AromaTouch Technique to promote relaxation.

### STEP 2



**Melaleuca (Tee Tree)** has 90 different compounds and limitless applications. Melaleuca is an essential part of the AromaTouch Technique for its cleansing effects on the skin.



**doTERRA On Guard®** contains cleansing properties, and offers a unique fragrant experience.

**Ingredients:** Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary



**Deep Blue®** essential oil blend delivers an instant tingling and a pleasantly cooling sensation.



**Ingredients:** Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus

### STEP 4



**Wild Orange** essential oil releases an energizing, citrusy aroma. In the AromaTouch Technique, this essential oil is used at the end to energize and revitalize your body and mind.



**Peppermint**, a well-loved oil, provides a myriad of health benefits. It is used in the AromaTouch Technique for its invigorating and energy-promoting qualities.

### STEP 3



**AromaTouch®** essential oil blend combines the benefits of oils well known for calming, soothing, and relaxing effects.

**Ingredients:** Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender

# GUY'S GUIDE TO *Grilling*

## 1 Starters



RAW

COOKED

**Tips:** Use different plates and tongs for raw and cooked food.

🔥 Use different cutting boards.

🔥 Microwave sponges for a few seconds.

🔥 Wipe down food prep area with dōTERRA On Guard® Cleaner.

🔥 Reduce food sticking by oiling your clean, hot grill with an oil-soaked paper towel. Hold it with tongs and rub it over the rack.



## 2 Marinade

Use spices, herbs, sauces, and essential oils to create flavorful marinades.

**Tip:** Marinade tender meats such as chicken, fish, or shrimp for 2 hours or less; tougher meats anywhere from 4 hours to overnight. Refrigerate marinating meats.



## 3 Tame the Flame



**Tip:** Keep a squirt bottle, filled with equal parts water and vinegar, near the grill to quickly douse any unexpected flare-ups.

## Grilling 4 Vegetables

**Tip:** Soak wooden skewers in water for 20 minutes before grilling. Oil metal skewers to avoid food sticking.

### Best Vegetables for Grilling:

Asparagus :: Eggplant :: Corn

Mushrooms :: Onions :: Peppers

Zucchini :: Tomatoes

🔥 Brush fresh veggies with oil and sprinkle with salt and pepper.

🔥 Cook in closed grill over 350° to 400° (medium-high) heat turning occasionally for 4–10 minutes depending on the vegetable. Your goal is to achieve tender, slightly charred vegetables.

## Heat it Up 5

**Tip:** Hold your hand about five inches above the grill. If you can hold it there for only 1 second, your grill is at high heat and you're ready to grill.

## Grilling 6 Meat

**Tip:** Use an instant-read thermometer to see if your meat is fully cooked. Place it onto the thickest part of the meat.

### Safe Cooking Temperature

Steaks 145°F :: Sausage 165°F :: Ground Beef 160°F  
Salmon & Shrimp 145°F :: Poultry Breasts & Legs 160°F

# IDEA NOTEBOOK

## PEPPERMINT SOAP | Made Easy

### You Will Need

- 10-15 drops Peppermint or Spearmint essential oil
- $\frac{1}{2}$  -1 pound Melt-&-Pour soap base of choice
- Soap molds of choice
- Rubbing alcohol
- Microwave safe bowl

### To Make

1. Spritz mold(s) with rubbing alcohol.
2. Cut the soap base into 1-inch cubes and place in bowl.
3. Microwave soap base for 30 second increments until it is thoroughly melted.
4. Mix in essential oil.
5. Pour melted soap base into soap mold.
6. Allow to cool completely before removing soap from mold.

"Every shower you get to experience the cooling sensations that come from Peppermint essential oil. This is a must have in Houston with our infamous humidity."  
-Robin Crawford, Texas



## SUMMER HIGHLIGHTS

### You Will Need

- 8 drops Lemon
- 8 drops Geranium
- 2 oz. spray bottle

### To Make

Add essential oils to the spray bottle and fill with water.

"I spray it on my hair before spending time outside in the sun, and I get fabulous highlights in my hair. Lemon for highlights, Geranium for conditioning." -Shannen Dubose, Nevada

## AFTER SUN COOLING SPRAY | Soothes the skin on a hot summer day.

### You Will Need

- $\frac{1}{2}$  cup witch hazel
- 2 tablespoons pure aloe vera gel
- 10 drops of Lavender essential oil
- 10 drops Peppermint essential oil
- 4 oz. spray bottle

### To Make

1. Combine all ingredients and mix well.
2. Pour into spray bottle, shake well, and apply to skin.

**Note:** Be sure to avoid spraying around the eyes. Re-apply as often as needed.  
-Liz Potter, South Carolina



## NOT YOUR KITTY'S LITTERBOX



Spray your sandbox with some Lemongrass, Eucalyptus, or any citrus essential to keep cats out of your child's play area.

## Cooling Tip

One of the things I like to do is wet a clean wash cloth, and add a couple drops of Peppermint or Spearmint and Wild Orange, fold the cloth in half, and then roll it up and pop it in the freezer. They are great to pull out on hot, hot days. As it thaws out, rub it on your neck while outdoors, at the lake, or in the pool.

-Malia Mullins, Utah



# Make Over Your Makeup Bag

Have you ever wondered if the makeup you use every day is safe? Aside from the unknown ingredients that may not be so great for you, makeup can get quite expensive. With just a few basic ingredients, you can easily create your own natural, and much more affordable makeup.



## TIP

Mist **Veráge Toner** as a foundation primer and a makeup setting spray.

## Makeup Removal Pads

### WHAT YOU'LL NEED:

- Wide mouth jar
- 1 package cotton pads
- 2 squirts **Veráge™ cleanser**
- 2 tablespoons dōTERRA Fractionated Coconut Oil
- 1-2 drops **Lavender** or **Geranium** essential oil\* (optional)
- 1 cup water

\*Avoid contact with eyes.

### DIRECTIONS:

1. Mix Fractionated Coconut Oil and cleanser with water.
2. Microwave in 10 second increments until melted and well blended.
3. Mix in essential oil.
4. Place cotton pads in jar.
5. Pour liquid mixture over pads in the jar. Press pads down to help soak up the liquid.

## Plump Lip Stick



### WHAT YOU'LL NEED:

- 1 teaspoon beeswax
- 1-2 teaspoons shea butter
- 1 teaspoon coconut oil
- 1-2 drops **Cinnamon** or **Peppermint** essential oil
- 2 empty lip balm tubes

#### Note:

- For red hues:  $\frac{1}{4}$  teaspoon (or more for color) of beet root powder
- For brown/tan hues:  $\frac{1}{4}$  teaspoon (or more for color) of cocoa powder, a tiny pinch of cinnamon or turmeric to get the shade you want
- For matte texture:  $\frac{1}{4}$  teaspoon bentonite clay—use with a color

### DIRECTIONS:

1. On low heat, melt beeswax, Shea butter, and coconut oil together.
2. Remove from heat and allow to cool for a few minutes.
3. Add essential oil and your color of choice; mix well.
4. Pour into lip balm tubes.

# Mascara



## WHAT YOU'LL NEED:

- 1 ½ teaspoons plant-based glycerin or aloe vera gel
- 10 capsules activated charcoal opened and emptied
- 3 teaspoons bentonite clay or cosmetic clay
- 1–2 drop **Lavender** essential oil
- Clean mascara container
- Oral syringe

## DIRECTIONS:

1. Mix ingredients together until smooth and consistent.
2. Use an oral syringe to fill mascara tube.
3. Apply 2–3 coats, allowing each coat to dry before adding another.

**Tip:** For brown color use cocoa powder instead of activated charcoal.



"I like to add oils into my natural mineral based makeup. I blend *Immortelle* into my concealer base, and lip glosses."

Donna Bates, FL

# Gel Eyeliner

## WHAT YOU'LL NEED:

- 2 teaspoons coconut oil
- 2 teaspoons aloe vera gel
- 3 activated charcoal opened and emptied

## DIRECTIONS:

1. Melt the coconut oil slightly and combine with aloe vera gel.
2. Add activated charcoal.
3. Mix all ingredients.

Note: Store in a dark and cool place

**Tip:** For blacker liner: Add more activated charcoal to mixture  
For thicker liner: Add less coconut oil to mixture



# Natural Foundation

## WHAT YOU'LL NEED:

### For the base:

- Arrowroot powder
- 2–4 drop **Melaleuca (Tea Tree)** essential oil

### Add one or a combination of:

- Cocoa powder
- Ground cinnamon
- Nutmeg
- Bronze mica powder

## DIRECTIONS:

1. Start with a base of arrowroot powder in a small bowl. Add essential oil and mix until combined.  
**Note:** This can vary from 1 tsp. for dark skin to 1 tbs. for light skin.
2. Slowly add in one powder or a combination of cocoa powder, cinnamon, and nutmeg or mica powder until you reach your desired tone.  
**Tip:** If you want more of a compact foundation rather than a powder, you can add some coconut oil to the mixture and press it into a compact. (Start with 5 drops, and continue adding until it reaches your desired texture)



# Makeup Brush Cleaner

## WHAT YOU'LL NEED:

- 3 tablespoons **doTERRA On Guard® Foaming Hand Wash**
- 1 tablespoon **doTERRA Fractionated Coconut Oil**

**Note:** You can double the recipe, depending on how many brushes you have.

## DIRECTIONS:

1. In a bowl, mix **doTERRA On Guard® Foaming Hand Wash** and fractionated coconut oil.
2. Dip the makeup brush into the mixture.
3. Place the bristles of brush in your hand and brush back and forth.
4. Run brush under water while still moving the brush back and forth. While under the water, remove the product from the brush by squeezing the bristles downward.
5. Lay finished brushes on a paper towel to completely dry.



# IT'S ALL ABOUT THAT HAIR

## *The secrets to strong and healthy hair*

**Summer heat and water activities can do a number on your hair. Follow these tips and DIYs to keep your hair feeling healthy and looking gorgeous all summer long.**

### COMB FROM THE BOTTOM UP

When combing your hair, gently start at the ends of your hair and work your way to the roots to prevent hair breakage. If your hair is wet, make sure to towel dry first, then apply a leave-in conditioner before brushing.

### TREAT YOUR SCALP

A regular scalp massage increases circulation and can help with fatigue and stress. The good news, a scalp massage is something you can actually do on your own. Gently massage a few drops of fractionated coconut oil into your scalp. Make it an aromatic experience by adding a few drops of Peppermint, Lavender, or Melaleuca essential oil. You can also add a couple drops of essential oils to your shampoo for a soothing, in-shower scalp treatment.

### DO AN APPLE CIDER VINEGAR RINSE

An apple cider vinegar rinse helps get rid of extra build-up on the hair and scalp without stripping natural oils. When used regularly in your natural hair routine, apple cider vinegar can also restore and balance the natural pH level of your hair, making it soft, shiny, and easy to work with.

### BLOW DRY WITH LOW HEAT

Use the low heat option on your dryer to minimize damage. Keep the hair dryer at least 8 inches away from your hair. Additionally, try using a heat-protector spray or leave-in conditioner to minimize any damage. When possible, let your hair dry naturally.

### RINSE WITH COLD WATER

While warm water opens a hair's cuticle, cool water helps to close the cuticle and seal moisture in, which helps your hair look shiny and healthy. At the end of your shower, give your hair a quick, cool rinse. Not only will it benefit your hair and skin, it will also make you feel refreshed and more awake.

### SKIP A WASH

Washing hair every day removes the natural oils and proteins, causing your hair to dry out quicker. Those natural hair oils will actually make your hair healthier and shinier than most products. Dry shampoos are a good option for spot treating on those in-between days. When you do wash your hair, make sure to use gentle shampoo and conditioner—dōTERRA® Protective Shampoo is a great option.

### USE ESSENTIAL OILS

When added to your regular hair care routine, essential oils can work wonders on your hair and scalp. Aside from their aromatic benefits, essential oils can cleanse the scalp and help keep the hair looking strong and healthy.

### *Essential Oils for Beautiful Hair and a Healthy Scalp*



### GET A TRIM

A slight trim every six to eight months keeps ends from splitting, which helps your hair remain healthy and strong.

### APPLY A HAIR MASK

Hot summer temperatures can leave your hair feeling dry. Once a week hair mask application can bring life to your hair, add shine, and help with manageability.

### EAT WELL AND STRESS LESS

A healthy diet with the right mix of protein, iron, essential fatty acids, and other nutrients can help improve the health, look, and feel of your hair. Stress can also have a negative effect on your skin and hair. When things get hectic, remember to slow down, take a deep breathe, and de-stress.

## INGREDIENTS



4 cups water

3 tablespoons apple cider vinegar

5 drops Lavender essential oil

5 drops Rosemary essential oil

## DIY: Homemade Hot Oil Hair Treatment (Every 2–4 weeks)

### DIRECTIONS

- In a medium saucepan, bring 1–2 cups of water to a boil. Reduce to low heat and keep water on a simmer.
- Place all ingredients, but essential oils in a heat-proof bowl and place in the pot of simmering water. Let the oil heat up and simmer for about 5 minutes.
- Remove oil from heat. You want the oil nice and warm, but not boiling hot. Add essential oils.

*Tip: Make sure to cover your shoulders in case of oil staining.*

- Dip your fingertips into the oil and gently massage the oil from scalp to the ends.

When all the oil is used, cover your hair with a shower cap.

*Tip: For best results, add a hot damp towel over the shower cap. Leave it on for 30 minutes.*

- Shampoo your hair.

*Tip: You may need to shampoo your hair twice; using a conditioner is optional.*

## INGREDIENTS



## DIY: Rosemary Lavender Hair Rinse

### DIRECTIONS

- Bring the water to boil in a large pot and remove from heat.
- Cool and then add vinegar and Lavender and Rosemary essential oils. Pour into a glass jar, seal, and shake. Let sit for at least 2 hours (Leaving it overnight is also recommended). Strain. When ready to use, pour a little over your hair and massage into your scalp. Rinse with cool water.

## INGREDIENTS



## DIY: Geranium Hair Mask

### DIRECTIONS

- Mix eggs with olive oil. Add in honey and Geranium and mix until creamy.
- Apply mask from roots to ends of your hair until completely covered.
- Cover your hair with plastic wrap or a shower cap and leave for 30 minutes to 1 hour.
- Rinse with warm water and shampoo until hair is no longer sticky. Use conditioner if necessary.

Try dōTERRA Salon Essentials® Hair Care System

- .. Protective Shampoo
- .. Soothing Conditioner
- .. Root to Tip Serum  
as heat protectant
- .. Healthy Hold Glaze



# Clary Sage

The use of Clary Sage dates back to ancient times. The Romans called it *claurus*, which can be translated as “clear,” because of its use as an eye wash. The Germans added this delicate flower to their wine, and elsewhere it has been used in soups, omelets, and flavored jellies. As an essential oil, Clary Sage is known for its calming aroma and topical benefits to the skin. The active ingredient of Clary Sage is linalyl acetate; this ester makes Clary Sage one of the most relaxing and soothing essential oils when taken internally.\*

**Sourcing Origin:** France

**Extraction Method:** Steam Distillation

**Plant Part:** Flower

## Ways to Use:

### Aromatically

- Diffuse 3-4 drops to promote feelings of relaxation and prepare for a restful night's sleep.
- Lightly flick a few drops of the oil along the walls of the steamy shower or sauna for a powerful aromatherapy experience.

### Internally

- Add 1-2 drops to water or tea.
- Take 1-2 drops in a dōTERRA Veggie Cap to help calm the nervous system.\*

### Topically

- Add a few drops to bath water for a stress-relieving bath.
- Rub 3-5 drops on the abdomen during a menstrual cycle for a soothing massage.
- Add 3-4 drops to shampoo or conditioner to promote healthy-looking hair and scalp.

### Fun Fact:

Clary Sage was used as a love potion in conjunction with dried lavender leaves, a pinch of valerian and sassafras leaves, and the button belonging to the bachelor you were longing for.



# dōTERRA GURU



## Down

- The encouraging blend
- The name of the dōTERRA® sourcing initiative
- A dōTERRA product that contains Lavender, Lemon, and Peppermint essential oils
- What is the term used to describe dōTERRA Fractionated Coconut Oil?
- dōTERRA diffuser that shares a name with a flower
- One of the terms used to describe the distillation process of citrus oils
- Fennel essential oil comes from what part of the plant?
- dōTERRA essential oil product line for sensitive skin
- Essential oil found in dōTERRA DigestZen® blend
- dōTERRA Wintergreen comes from this country
- The inspiring blend
- First essential oil applied in the dōTERRA AromaTouch® Technique
- This essential oil comes from the root

- What does this symbol Ⓛ stand for?
- An acronym for dōTERRA quality assurance process
- Where does dōTERRA Lemon essential oil come from?
- The name of this essential oil is derived from a Latin word *clavus* which means "nail"
- dōTERRA testing method that checks for presence of bacteria, fungus, and mold in essential oils
- Essential oil that is distilled from the gummy resin, and is referenced in the Bible as the "Balm of Gilead"
- dōTERRA supplement rich in essential fatty acids

## Across

- The Tree of Life
- Citrus essential oil with calming benefits
- The calming blend
- This name is derived from Latin and means "Gift of the Earth"
- This historical model first promoted internal use of essential oils
- What is the largest organ in the body?
- An active ingredient found in the dōTERRA Slim & Sassy® TrimShake
- Where is dōTERRA corporate headquarters located?
- Where does dōTERRA source Vetiver from?
- What is this year's (2016) dōTERRA global convention theme?
- Where does Arborvitae essential oil come from?
- One of the active ingredients found in dōTERRA TerraShield® Outdoor Blend
- One of the dōTERRA essential oil uses?
- One of the *Boswellia* species found in dōTERRA Frankincense
- From what part of the plant is dōTERRA Lavender essential oil distilled from?
- Tea tree is another name for \_\_\_\_?
- Blend for women
- This essential oil blend delivers powerful respiratory benefits

## ★Bonus Question:

Which essential oil comes from this plant?



# Summer Recipes



*with Katie Goodman*

Each week, blogger, mother, and photographer Katie Goodman serves up a mix of great recipes, family memories, and yummy photography at [GoodLifeEats.com](http://GoodLifeEats.com).



## ZUCCHINI TOMATO BASIL SALAD WITH LEMON BASIL VINAIGRETTE

- $\frac{1}{4}$  cup white wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 drop **Basil** essential oil
- 2 drops **Lemon** essential oil
- 1 clove garlic, finely minced
- 1 tablespoon minced shallot
- 2 medium zucchinis, ends removed and discarded
- 8 large fresh basil leaves, sliced thin
- 8 ounces cherry tomatoes in a variety of colors, sliced in half lengthwise
- 5 ounces small fresh mozzarella balls
- Salt and pepper, to taste

### *To prepare the dressing:*

In a small jar, combine white wine vinegar, extra virgin olive oil, Basil essential oil, Lemon essential oil, garlic, and shallot. Screw the lid to the jar on tightly, then shake until well mixed. Set aside.

### *To prepare the salad:*

Using a vegetable spiralizer, prepare the zucchini using the straight blade according to manufacturer's recommended instructions. Alternatively, slice the zucchini into ribbons using a vegetable peeler or a mandolin.

In a mixing bowl, toss the zucchini with the basil. Transfer to a large serving platter. Arrange the tomatoes and the mozzarella on top of the bed of zucchini.

Pour the dressing on top of the prepared salad, then sprinkle the top with salt and pepper, seasoning to taste.

## STRAWBERRY ORANGE GRANITA

- 1 cup water
- $\frac{1}{3}$  cup sugar
- $\frac{1}{4}$  cup fresh squeezed orange juice
- 4 drops **Wild Orange** essential oil
- 1 lb. sliced and hulled strawberries

*Optional garnishes:* orange wedges, fresh strawberries, basil leaves

In a medium saucepan, combine sugar and water and cook over medium heat, stirring occasionally, until sugar is dissolved. Cool to room temperature.

Puree cooled water and sugar (simple syrup), orange juice, Wild Orange essential oil, and strawberries in a blender.

Transfer the strawberry-orange puree to a 9x13 glass pan. Place the filled pan in the freezer for 30 minutes.

After 30 minutes, remove pan from freezer. Rake the mixture with a fork to break up any crystals that have begun to form. Return the pan to the freezer.

Repeat every 25–30 minutes for about 3 hours, until the granita is frozen into flakey crystals. Cover and freeze.

Serve, if desired, with a small orange wedge, half a strawberry, and a basil leaf for garnish.





## BROWN SUGAR LIME GRILLED PINEAPPLE LETTUCE CUPS

### *Coconut Lime Rice:*

- 1 ¾ cup water
- 1 ¾ cup canned coconut milk
- 4 drops **Lime** essential oil
- 2 cups jasmine or basmati rice
- ½ teaspoon salt

Combine all ingredients in a medium-sized saucepan. Bring to a boil over medium-high heat. Once boiling, cover and decrease heat to low.

Cook for 15–20 minutes, until liquid has absorbed. Prepare pineapple while the rice cooks.

Remove rice from heat and let sit covered for 5 minutes.

### *Brown Sugar Lime Grilled Pineapple:*

- 30 ounces fresh pineapple, cored and sliced into ½ inch rounds
- ½ cup butter, melted
- ½ cup brown sugar
- ½ of a fresh lime, juiced
- 2 drops **Lime** essential oil
- Pinch salt

Preheat grill to medium heat.

In a small mixing bowl, combine butter, brown sugar, fresh lime juice, Lime essential oil, and salt.

Place pineapple slices on a baking sheet and drizzle with the brown sugar mixture.

Place the pineapple on the preheated grill, sugar side down, and grill 2–3 minutes or until sugar mixture is golden and caramelized. Brush the tops with the remaining brown sugar mixture left behind on the baking sheet using a silicone basting brush.

Flip and grill the other side 2–3 minutes or until the sugar mixture is golden and caramelized. Remove from heat and transfer to the baking sheet. Cut each round in half.

### *Lettuce Cups*

- Coconut lime rice
- Brown sugar lime grilled pineapple
- 1 head butter lettuce, leaves removed from head and washed
- 2 green onions, thinly sliced
- 2 tablespoons fresh cilantro, finely chopped

Divide the rice between the lettuce leaves. Sprinkle rice with green onions. Top with 1/2 round of grilled pineapple. Sprinkle with chopped cilantro. Serve.



## CILANTRO-KALE PESTO DIPPING SAUCE

### *Cilantro-Kale Pesto:*

- 2½ cups kale leaves
- ¼ cup cilantro leaves
- ¼ cup pepitas
- 1 clove garlic
- ¾ cup extra virgin olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Combine all ingredients in a food processor or blender and process until smooth, scraping the sides as necessary.

### *Dip:*

- 1 cup Greek yogurt
- 7 tablespoons prepared cilantro-kale pesto
- 1 drop **Cilantro** essential oil
- Salt and pepper, to taste (if desired)

In a medium bowl, combine yogurt, cilantro-kale pesto, and 1 drop of Cilantro essential oil. Stir until well combined. Season to taste with additional salt and pepper if desired.

Serve with your favorite grilled veggies, such as sweet potatoes, zucchini, or red peppers. May also be used as a sandwich spread or a dip for French fries.

 dōTERRA Co-Impact Sourcing®

 dōTERRA Healing Hands Foundation™ Project

 WA Wellness Advocate Partner Project



# dōTERRA Healing Hands™ Global Footprint

dōTERRA believes in giving back—back to their own community, as well as to the communities of those who help produce some of the world's greatest essential oils.

The dōTERRA Healing Hands Foundation works with corporate partners to benefit communities in Co-Impact Sourcing® areas. Healing Hands also provides support to Wellness Advocates in their humanitarian efforts through matching contribution campaigns.

## Social Tea House —Bulgaria

Partnered with Esseterre Bulgaria to support the Social Teahouse, a Bulgarian social enterprise dedicated to helping children in Bulgaria as they age out of the orphanage system. Through personal and professional education in social and job skills training, as well as access to internships, networking, and job opportunities.



## Somalian Frankincense Project—Somalia

Funded the construction of a school in Urwayne, Somaliland, for boys and girls, ages 7 through 12, with classes for older children available in the evening. Approximately 120 youth from 16 villages attend. An additional four-classroom school is being built to help 100 more students from four clans in the area have increased access to education.



## Earthquake Relief —Nepal

Provided support after the Nepal earthquakes for immediate relief (food, blankets, tarps, and hygiene kits), as well as funding for equipment, temporary homes, tent schools, tent classrooms, earthquake resilient homes, distilleries, a 10-classroom secondary school, an eight-classroom high school, latrines, and a community center.



## Water for Life —Haiti

Dug wells and installed solar pumps for the community to access clean water, built a new vetiver warehouse building and office for members of the cooperative to have a common gathering point and location to store the harvested vetiver roots and tools, and donated new locally sourced furniture and supplies for the local community school.





### Days for Girls

As part of an ongoing relationship with the nonprofit organization Days for Girls, monetary assistance was provided to help women and girls around the world gain access to reusable feminine hygiene supplies and education about proper hygiene practices.



### Sika'abe—Guatemala

Funded the construction of the Sika'abe Training Center in Polochic, Guatemala, where both men and women from surrounding villages can obtain government certification in various vocational skills from construction and agriculture to hospitality. Additionally, provided a new cardamom drying facility.



### Natural Doctors International—Nicaragua

The matching contribution donation from the dōTERRA Healing Hands Foundation™ was used in the remote location of Ometepe, Nicaragua, by NDI, where most of the people have very limited access to health care. NDI has established an integrative health clinic on the island to help people get access to health care, medicine, and supplies.



### Refugee Mill Project—Malawi

A matching contribution campaign funded the construction of a maize mill in the Dzaleka Refugee Camp in Malawi. Besides the benefit of having a working mill in their camp so they don't have to wait in line for up to two days at a time, the minimal costs to use the maize mill funds a program for education of orphans in the camp and the rehabilitation of victims of sexual violence.



WELLNESS ADVOCATES SERVE

# THE GARDEN WELL PROJECT

The Hardie family has a long history of adventure and humanitarian efforts all over the world, but they have a special place in their hearts for Mozambique. Ginna (Hardie) Cross (now a Blue Diamond with dōTERRA) volunteered to be a nurse in Mozambique in 2007. When her family visited her, everyone fell in love with the people and the culture. Now in 2016, Josh and Sarah Hardie own a farm there called the Deep Roots farm, and, with Ginna's help, they have big plans for what they call the Garden Well Project.

## WHAT IS THE GARDEN WELL PROJECT?

In the most basic terms, the Garden Well project is focused on water. Without water, very little can be done to change the circumstances most Mozambicans face.

Many people have to travel miles to have clean water to drink. Ginna elaborates, "Many women's lives are consumed in getting water for their families, children too. When the children have to go and haul the water, they can't go to school because it takes up the whole day. If wells are too far, people often dig sink holes for water, which is a huge source of sickness and disease. They are also not able to irrigate or grow food without water. That results in a lot of months of hunger for a lot of people."

Originally, Josh and Sarah started a farm called the Deep Roots farm to support the efforts of another humanitarian business organization called Communities of Fusion. The well project wasn't even a reality yet. But, in 2015, the purpose of the farm quickly grew. It had been a bad year for the crops in their region as heavy rains had destroyed

the plants. At that point, Josh and Sarah struggled to know what to do. By July, many local people were already hungry, though the hungry months were not usually until November. After talking to the people about what they needed most, they determined that digging wells was the answer.

## FUNDRAISING FOR THE WELL

Sensing that there were many others that could help them in their cause, Sarah and Ginna focused on fundraising efforts so that they could put in the first well. Sarah, a gifted photographer, put together a video to help get the word out about the project. Sarah says, "We all have this desire to use our gifts for something greater than just making a living. Over time, we've each seen how all of our gifts and abilities are being used with this project in a way that we never even dreamed."





Amazingly, their first efforts at fundraising brought in a little over \$10,000 and the dōTERRA Healing Hands Foundation™ agreed to match \$5,000. They had enough money to put in the first well in February, with a stewardship program that gave the community responsibility over the care of the well. The program worked, and now, with fundraising efforts bringing in another \$10,500, and another \$5,000 from Healing Hands, they have plans to build three more wells and begin funding future aspects of the project.

#### THE FUTURE

While they still plan on putting in many more wells with the money that has been donated, Josh and Sarah have plans to start another

branch of their ambitious project: garden kits. To help families have crops year round, the kit will include seeds, fertilizer, and a simple, efficient drip irrigation system, along with access to workshops at Deep Roots farm.

This all contributes to their overall vision for Mozambique. Josh says, "The worldview of Africa is that everyone is starving, but the people are surviving and they have a tremendous amount to offer. We brought them a few ideas and they were ecstatic to grab onto them and make them work. We're just part of the way. They're the ones that are going to change their country." ■



#### 2007

The Hardie family visit Ginna in Mozambique and fall in love with the people.



#### 2012

Jumping at the opportunity, Josh and Sarah purchase Deep Roots farm to provide grain for Communities of Fusion (COF).

#### July 2015

Heavy rains earlier in the year destroyed many crops. There is an overwhelming need for water.



#### December 2015

By setting aside much of their income from dōTERRA, and through fundraising efforts, the Hardies have raised enough money to be able to dig the first well.

#### February 2016

First well dug.



#### Future

Creating garden kits and teaching gardening skills to the people.

# Hydration: Why More

# H2O

We've all heard the statistics: our body is comprised of 55-75 percent water, blood is 80 percent water, the human brain is 95 percent water, the lungs are composed of nearly 90 percent water...water is not only the body's most plentiful nutrient, it is arguably its most essential. The development and long-term health of all your body's systems are highly dependent on hydration levels. While you can survive several weeks without food, only three days without water can cause severe and often fatal health consequences. Optimal health is highly dependent on being mindful of your hydration levels.



## WHY WATER?

Maintaining proper cellular water levels supports the development of the brain, skin, bones, and pretty much every other body system. *Adequate water intake has even been shown to naturally suppress appetite, promote healthy metabolism, and support weight loss efforts.<sup>1</sup>* More concerning are the acute and chronic effects of dehydration. Acutely, short periods of dehydration cause your body to ration water, resulting in short periods of symptoms that may be mistaken for illness such as acid reflux, muscular cramps, headache, nausea, and even allergies. Chronically, minuscule decreases in body water levels can have drastic long-term effects on a number of body systems. In response to cellular water loss, the blood becomes thicker, causing impeded blood flow that results in elevated blood pressure. Furthermore, blood cholesterol rises and your brain actually shrinks. A team of scientists in the UK found that losses in blood water levels as minute as 1.1 percent, something that can occur with as little as 90 minutes of high-intensity physical activity without fluid replenishment, can shrink the brain as much as a year of normal aging or 2.5 months of Alzheimer's Disease.<sup>2</sup> This reduction in mass forces the brain to work harder, leading to struggles in short and long-term memory, problem solving, and other general cognitive tasks. If the condition persists, the results could be fatal.

## GETTING THE RIGHT AMOUNT

What constitutes adequate hydration is a simple question without a definitive answer. Few countries have developed water intake requirements, and those that have offer guidelines primarily based on population-level metrics, which are of little relevance to your specific needs.<sup>3</sup> How much water you need to consume to maintain proper hydration is largely determined by your gender, size, physical activity levels, and diet. Those who are very physically active may need more; if your diet consists of a lot of whole fruits and vegetables then you may require less. The most recent rule of thumb is to divide your weight in pounds by two and drink that many ounces of water daily. The most important thing to remember is that drinking too much water (hyponatremia) is very hard to do, but drinking too little can have drastic consequences. So, just drink.

## WHAT ABOUT OTHER LIQUIDS?

One of the primary hydration issues comes about because people often replace water with sugar-rich and stimulant-infused substitutes, which have a host of other side effects. That fruit smoothie, while chock-full of vitamins and minerals, is also very high in sugar, predominantly fructose, which in large amounts has metabolic effects similar to alcohol.<sup>4</sup> Soda and coffee may be even worse. While the most recent research has dispelled the long-held belief that caffeine is a diuretic,<sup>5</sup> it has been linked to everything from raised blood pressure to insomnia and even increased heart attack risk.<sup>6,7</sup> Replace those energy-dense and nutritionally-void drinks with a glass of water.

### REFERENCES

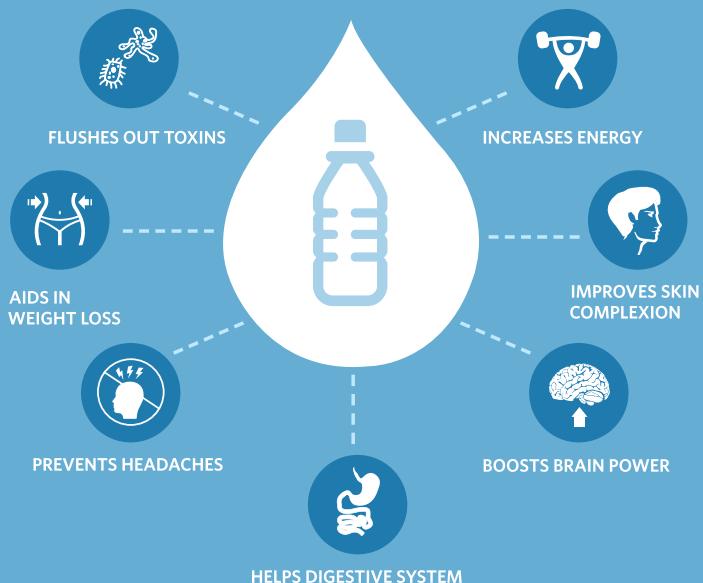
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## BRAIN'S RESPONSE TO THIRST

Drinking enough water to maintain proper hydration levels is quite complex, having both physiological and neurological mechanisms, and intracellular and extracellular compartments. This intricate system requires the coordination of receptors sites all over the body which are linked to neural pathways in the brain that process information. In essence, our thirst impulses are regulated by a negative feedback loop between several internal organs and the brain. The majority of this neurological regulation occurs in the hypothalamus, which constantly monitors blood volume, pressure, and concentrations of sodium within the blood. When excessive fluid loss occurs, as a result of anything from excessive sweating to diarrhea, or blood sodium concentration rises due to eating foods loaded with sodium, the hypothalamus sends messages to encourage increased fluid intake. This feedback loop is a very sensitive mechanism, responding to changes in blood water concentration less than 1 percent. Despite the persistent myth that "if you are thirsty, it is too late," your body is actually very efficient at regulating hydration. If you are becoming dehydrated and aren't purposely ignoring the signs, you'll know it.

## Benefits of Hydration



Add a drop or two of **Lemon** essential oil for a citrusy twist that also supports digestive and respiratory function.\*



Add 1-2 drops of **Grapefruit** essential oil for a refreshing taste and metabolic support.\*



Add **Peppermint** oil for a soothing mint flavor that also promotes digestive health.\*



# essential oil DAILY ROUTINE

dōTERRA employees are passionate about essential oils and the benefits they bring to their lives. It is that passion and belief in the products that make dōTERRA stand out. Here are a few ways our employees and executive founders incorporate essential oils in their daily routine.

I *immortelle* is my family's go-to blend for just about anything, including improving the appearance of our skin (my husband can't get enough of it). I am also in love with the Emotional Aromatherapy blends. If you're like me, you deal with a multitude of emotions throughout the day. My children deal with their own set of emotions.

**By simply inhaling the blend I am drawn to at the moment, I am able to balance and uplift my emotions so that I am as productive and courageous as I can be. I am grateful I can pass this same benefit on to my children by simply diffusing these blends at home.**

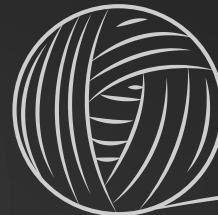
-Emily Wright, Founding Executive, Sales and Marketing

“ I put a few drops of Purify in my shoes to keep them smelling fresh. I also make what I call “Rise and Shout.” It consists of Wild Orange, Frankincense, and Peppermint. I rub it in my palms and inhale, then rub it on my neck for a refreshing burst of energy. **One of my favorite summer treats is homemade citrus ice cream. I put 3 cups sugar, 3 quarts cream, 3 bananas, Lemon oil, and Wild Orange in an ice cream freezer. So delicious! ”**

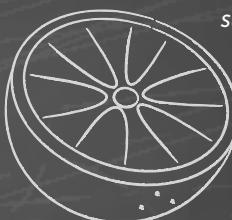
-Dale Boman, Creative Services

“

To maintain healthy immune function, I take 2 drops Melaleuca, 2 drops dōTERRA On Guard®, and 2 drops of Frankincense daily.\* I apply Patchouli to skin imperfections on the face and body, and Helichrysum to fine lines and wrinkles on my face and neck. My favorite diffuser blend: 3 drops Cypress, 3 drops Douglas Fir, and 2 drops Lime. **I apply a few drops of Whisper® or dōTERRA Passion™ blend to dryer balls.** They make your clothes smell heavenly!



-Amy Johnson, Product Marketing



I've been using the Verage™ skin care line for over a year now, and I have noticed a huge difference in my skin! I also take the DigestZen TerraZyme® and the MicroPlex MVp™ supplements every day and always notice how much better they make me feel overall. **Elevation™ is one of my favorite oils; it always helps me feel relaxed and uplifted after a long day.**

”

-Kyra McDaniel, Recognition Services

I use Correct-X® on almost a daily basis for a variety of things. I love the convenience of Correct-X and carry a tube in my pocket, my briefcase, my car, and my desk at work. Also, I take LLV and dōTERRA On Guard Softgels daily for added support to my immune system and overall health.\* I use Lavender, Melaleuca, and Frankincense regularly. **I also keep lots of Deep Blue® Rub and Deep Blue oil around for exercise related support.** I'm a novice and non-competitive sprint triathlon enthusiast competing (with my wife and some of my children) in a couple of events each year. Due to my lack of serious year round training, I seem to need excessive amounts of Deep Blue to get through my non-routine training sessions!

-Corey Lindley, Founding Executive, Chief Financial Officer

My absolute favorite essential oils are dōTERRA Balance®, Frankincense, and Arborvitae. dōTERRA Balance was the very first dōTERRA oil I was introduced to, and it never fails to help me feel calm in the middle of a crazy day. Frankincense has been fantastic for my skin, and I also love to put it along my spine in the morning. **Arborvitae is my favorite oil to diffuse along with a little Cedarwood and Frankincense.**



-Sharlin Bird, U.S. Marketing

”

# PRODUCT GUIDE

## ESSENTIAL OIL SINGLES

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil applications.

 <b>ARBORVITAE ESSENTIAL OIL</b> <i>Thuja plicata</i> A T N 49360001   5 mL \$29.33 retail   \$22.00 whl 22 PV	 <b>BASIL ESSENTIAL OIL</b> <i>Ocimum basilicum</i> A T N 30010001   15 mL \$26.67 retail   \$20.00 whl 20 PV	 <b>BERGAMOT ESSENTIAL OIL</b> <i>Citrus bergamia</i> A T I S 30790001   15 mL \$36.67 retail   \$27.50 whl 27.5 PV	 <b>BLACK PEPPER ESSENTIAL OIL</b> <i>Piper nigrum</i> A T I S 41040001   5 mL \$29.33 retail   \$22.00 whl 22 PV	 <b>CARDAMOM ESSENTIAL OIL</b> <i>Elettaria cardamomum</i> A T I N 49350001   5 mL \$34.66 retail   \$26.00 whl 26 PV
 <b>CASSIA ESSENTIAL OIL</b> <i>Cinnamomum cassia</i> A T I D 30020001   15 mL \$25.33 retail   \$19.00 whl 19 PV	 <b>CEDARWOOD ESSENTIAL OIL</b> <i>Juniperus virginiana</i> A T S 49300001   15 mL \$17.33 retail   \$13.00 whl 13 PV	 <b>CILANTRO ESSENTIAL OIL</b> <i>Coriandrum sativum</i> A T I N 41850001   15 mL \$34.67 retail   \$26.00 whl 26 PV	 <b>CINNAMON ESSENTIAL OIL</b> <i>Cinnamomum zeylanicum</i> A T I D 30030001   5 mL \$28.00 retail   \$21.00 whl 21 PV	 <b>CLARY SAGE ESSENTIAL OIL</b> <i>Salvia sclarea</i> A T I N 30420001   15 mL \$48.67 retail   \$36.50 whl 36.5 PV
 <b>CLOVE ESSENTIAL OIL</b> <i>Eugenia caryophyllata</i> A T I D 30040001   15 mL \$18.67 retail   \$14.00 whl 14 PV	 <b>CORIANDER ESSENTIAL OIL</b> <i>Coriandrum sativum</i> A T I N 30780001   15 mL \$34.67 retail   \$26.00 whl 26 PV	 <b>CYPRESS ESSENTIAL OIL</b> <i>Cupressus sempervirens</i> A T N 30050001   15 mL \$20.67 retail   \$15.50 whl 15.5 PV	 <b>DOUGLAS FIR ESSENTIAL OIL</b> <i>Pseudotsuga menziesii</i> A T N 31590001   5 mL \$30.00 retail   \$22.50 whl 22.5 PV	 <b>EUCALYPTUS ESSENTIAL OIL</b> <i>Eucalyptus radiata</i> A T S 30060001   15 mL \$18.67 retail   \$14.00 whl 14 PV
 <b>FENNEL, SWEET ESSENTIAL OIL</b> <i>Foeniculum vulgare</i> A T I S 41290001   15 mL \$20.00 retail   \$15.00 whl 15 PV	 <b>FRANKINCENSE ESSENTIAL OIL</b> <i>Boswellia carterii, frereana, and sacra</i> A T I N 30070001   15 mL \$93.00 retail   \$69.75 whl 69.75 PV	 <b>GERANIUM ESSENTIAL OIL</b> <i>Pelargonium graveolens</i> A T I S 30090001   15 mL \$36.00 retail   \$27.00 whl 27 PV	 <b>GINGER ESSENTIAL OIL</b> <i>Zingiber officinale</i> A T I S 31630001   15 mL \$52.00 retail   \$39.00 whl 39 PV	 <b>GRAPEFRUIT ESSENTIAL OIL</b> <i>Citrus X paradisi</i> A T I N 30100001   15 mL \$21.33 retail   \$16.00 whl 16 PV
 <b>HELICHRYSUM ESSENTIAL OIL</b> <i>Helichrysum italicum</i> A T I N 30410001   5 mL \$100 retail   \$75 whl 75 PV	 <b>JUNIPER BERRY ESSENTIAL OIL</b> <i>Juniperus communis</i> A T I N 49290001   5 mL \$25.33 retail   \$19.00 whl 19 PV	 <b>LAVENDER ESSENTIAL OIL</b> <i>Lavandula angustifolia</i> A T I N 30110001   15 mL \$28.00 retail   \$21.00 whl 21 PV	 <b>LEMON ESSENTIAL OIL</b> <i>Citrus limon</i> A T I N 30120001   15 mL \$13.33 retail   \$10.00 whl 10 PV	 <b>LEMONGRASS ESSENTIAL OIL</b> <i>Cymbopogon flexuosus</i> A T I S 30130001   15 mL \$13.33 retail   \$10.00 whl 10 PV
 <b>LIME ESSENTIAL OIL</b> <i>Citrus aurantifolia</i> A T I S 30870001   15 mL \$17.33 retail   \$13.00 whl 13 PV	 <b>MARJORAM ESSENTIAL OIL</b> <i>Origanum majorana</i> A T I N 30140001   15 mL \$25.33 retail   \$19.00 whl 19 PV	 <b>MELALEUCA (TEA TREE) ESSENTIAL OIL</b> <i>Melaleuca alternifolia</i> A T I N 30150001   15 mL \$25.33 retail   \$19.00 whl 19 PV	 <b>MELISSA ESSENTIAL OIL</b> <i>Melissa officinalis</i> A T I N 30850001   5 mL \$18.00 retail   \$135.00 whl 135 PV	 <b>MYRRH ESSENTIAL OIL</b> <i>Commiphora myrrha</i> A T I N 30160001   15 mL \$69.33 retail   \$52.00 whl 52 PV
 <b>OREGANO ESSENTIAL OIL</b> <i>Origanum vulgare</i> A T I D 30180001   15 mL \$32.00 retail   \$24.00 whl 24 PV	 <b>PATCHOULI ESSENTIAL OIL</b> <i>Pogostemon cablin</i> A T I N 30890001   15 mL \$39.33 retail   \$29.50 whl 29.5 PV	 <b>PEPPERMINT ESSENTIAL OIL</b> <i>Mentha piperita</i> A T I S 30190001   15 mL \$27.33 retail   \$20.50 whl 20.5 PV	 <b>ROMAN CHAMOMILE ESSENTIAL OIL</b> <i>Anthemis nobilis</i> A T I N 30800001   5 mL \$44.00 retail   \$33.00 whl 33 PV	 <b>ROSEMARY ESSENTIAL OIL</b> <i>Rosmarinus officinalis</i> A T I N 30200001   15 mL \$18.67 retail   \$14.00 whl 14 PV

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally

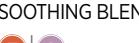
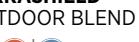
SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)



 <b>SANDALWOOD</b> ESSENTIAL OIL <i>Santalum album</i>  <b>30210001</b>   5 mL \$82.33 retail   \$61.75 whl 61.75 PV	 <b>SANDALWOOD HAWAIIAN</b> ESSENTIAL OIL <i>Santalum paniculatum</i>  <b>41860001</b>   5 mL \$82.33 retail   \$61.75 whl 61.75 PV	 <b>SPEARMINT</b> ESSENTIAL OIL <i>Mentha spicata</i>  <b>31610001</b>   15 mL \$38.67 retail   \$29.00 whl 29 PV	 <b>THYME</b> ESSENTIAL OIL <i>Thymus vulgaris</i>  <b>30220001</b>   15 mL \$36.67 retail   \$27.50 whl 27.5 PV	 <b>VETIVER</b> ESSENTIAL OIL <i>Vetiveria zizanoides</i>  <b>30430001</b>   15 mL \$46.00 retail   \$34.50 whl 34.5 PV
 <b>WHITE FIR</b> ESSENTIAL OIL <i>Abies alba</i>  <b>30250001</b>   15 mL \$26.67 retail   \$20.00 whl 20 PV	 <b>WILD ORANGE</b> ESSENTIAL OIL <i>Citrus sinensis</i>  <b>30170001</b>   15 mL \$14.00 retail   \$10.50 whl 10.5 PV	 <b>WINTERGREEN</b> ESSENTIAL OIL <i>Gaultheria fragrantissima</i>  <b>31620001</b>   15 mL \$25.33 retail   \$19.00 whl 19 PV	 <b>YLANG YLANG</b> ESSENTIAL OIL <i>Cananga odorata</i>  <b>30240001</b>   15 mL \$47.00 retail   \$35.25 whl 35.25 PV	 <b>PEPPERMINT</b> BEADLET  <b>31570001</b>   125 ct. \$15.33 retail   \$11.50 whl 11.5 PV

## PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.

 <b>AROMATOUCH®</b> MASSAGE BLEND  <b>31200001</b>   15 mL \$34.67 retail   \$26.00 whl 26 PV	 <b>dōTERRA BALANCE®</b> GROUNDING BLEND  <b>31010001</b>   15 mL \$26.67 retail   \$20.00 whl 20 PV	 <b>dōTERRA BREATHE®</b> RESPIRATORY BLEND  <b>49370001</b>   15 mL \$26.66 retail   \$20.00 whl 20 PV	 <b>CITRUS BLISS®</b> INVIGORATING BLEND  <b>31020001</b>   15 mL \$20.00 retail   \$15.00 whl 15 PV	 <b>CLARYCALM®</b> MONTHLY BLEND FOR WOMEN  <b>35270001</b>   10 mL \$32.67 retail   \$24.50 whl 24.5 PV
 <b>DEEP BLUE®</b> SOOTHING BLEND  <b>31380001</b>   10 mL \$85.33 retail   \$64.00 whl 64 PV	 <b>DIGESTZEN®</b> DIGESTIVE BLEND  <b>31030001</b>   15 mL \$41.33 retail   \$31.00 whl 31 PV	 <b>ELEVATION</b> JOYFUL BLEND  <b>31040001</b>   15 mL \$49.33 retail   \$37.00 whl 37 PV	 <b>HD CLEAR®</b> TOPICAL BLEND  <b>49400001</b>   10 mL \$28.00 retail   \$21.00 whl 21 PV	 <b>IMMORETELLE</b> ANTI-AGING BLEND  <b>37140001</b>   10 mL \$92.67 retail   \$69.50 whl 69.5 PV
 <b>INTUNE®</b> FOCUS BLEND  <b>41840001</b>   15 mL \$46.00 retail   \$34.50 whl 34.5 PV	 <b>PASTTENSE®</b> TENSION BLEND  <b>31350001</b>   10 mL \$24.67 retail   \$18.50 whl 18.5 PV	 <b>PURIFY</b> CLEANSING BLEND  <b>31060001</b>   15 mL \$24.00 retail   \$18.00 whl 18 PV	 <b>dōTERRA SERENITY®</b> CALMING BLEND  <b>31090001</b>   15 mL \$40.00 retail   \$30.00 whl 30 PV	 <b>SLIM &amp; SASSY®</b> METABOLIC BLEND  <b>31370001</b>   15 mL \$32.67 retail   \$24.50 whl 24.5 PV
 <b>WHISPER™</b> BLEND FOR WOMEN  <b>31080001</b>   5 mL \$32.00 retail   \$24.00 whl 24 PV	 <b>ZENDOCRINE®</b> DETOXIFICATION BLEND  <b>31460001</b>   15 mL \$32.67 retail   \$24.50 whl 24.5 PV	 <b>dōTERRA ON GUARD®</b> PROTECTIVE BLEND  <b>31100001</b>   15 mL \$42.67 retail   \$32.00 whl 32 PV	 <b>TERRASHIELD®</b> OUTDOOR BLEND  <b>31700001</b>   15 mL \$14.00 retail   \$10.50 whl 9.5 PV	 <b>SPRAY BOTTLE</b> <span style="background-color: #f0e68c; padding: 2px;">NEW!</span> <b>31600001</b>   30 mL \$26.00 retail   \$19.50 whl 17 PV

# PRODUCT GUIDE

## ESSENTIAL OIL KITS



### dōTERRA TOUCH™ KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 9mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- Oregano
- Peppermint

<b>21190001</b>	160 PV
\$225.33 retail	\$169.00 wholesale

 <b>dōTERRA BREATHE®</b> TOUCH BLEND <b>T   N or S</b> <b>31820001</b>   9 mL roll-on \$17.33 retail   \$13.00 whl 13 PV	 <b>DEEP BLUE®</b> TOUCH BLEND <b>T   N or S</b> <b>31810001</b>   9 mL roll-on \$55.67 retail   \$41.75 whl 41.75 PV	 <b>DIGESTZEN®</b> TOUCH BLEND <b>T   N or S</b> <b>31780001</b>   9 mL roll-on \$27.00 retail   \$20.25 whl 20.25 PV
 <b>FRANKINCENSE</b> TOUCH BLEND <b>T   N or S</b> <b>31800001</b>   9 mL roll-on \$60.67 retail   \$45.50 whl 45.5 PV	 <b>LAVENDER</b> TOUCH BLEND <b>T   N or S</b> <b>31660001</b>   9 mL roll-on \$18.33 retail   \$13.75 whl 13.75 PV	 <b>MELALEUCA (TEA TREE)</b> TOUCH BLEND <b>T   N or S</b> <b>31680001</b>   9 mL roll-on \$16.67 retail   \$12.50 whl 12.5 PV
 <b>OREGANO</b> TOUCH BLEND <b>T   N or S</b> <b>31770001</b>   \$21.00 retail   \$15.75 whl 9 mL roll-on   15.75 PV	 <b>dōTERRA ON GUARD®</b> TOUCH BLEND <b>T   N or S</b> <b>31790001</b>   21 PV \$28.00 retail   \$21.00 whl 9 mL roll-on	 <b>PEPPERMINT</b> TOUCH BLEND <b>T   N or S</b> <b>31670001</b>   13.5 PV \$18.00 retail   \$13.50 whl 9 mL roll-on



### dōTERRA EMOTIONAL AROMATHERAPY™ KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

- Motivate • Passion • Console
- Cheer • Forgive • Peace

<b>21140001</b>	150 PV
\$212.00 retail	\$159.00 wholesale

### AROMATOUGH® TECHNIQUE KIT

This kit contains 5 mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA® Fractionated Coconut Oil (4 oz).

- Balance
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- AromaTouch
- Deep Blue
- Wild Orange
- Peppermint

<b>20570001</b>	100 PV
\$133.33 retail	\$100.00 wholesale



 <b>dōTERRA EMOTIONAL AROMATHERAPY™ KIT</b> The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.	 <b>dōTERRA MOTIVATE™</b> ENCOURAGING BLEND <b>A   T   S</b> <b>31740001</b>   23 PV \$30.67 retail   \$23.00 whl 5 mL bottle	 <b>dōTERRA PASSION™</b> INSPIRING BLEND <b>A   T   S</b> <b>31760001</b>   42 PV \$56.00 retail   \$42.00 whl 5 mL bottle	 <b>dōTERRA FORGIVE™</b> RENEWING BLEND <b>A   T   S</b> <b>31750001</b>   20 PV \$26.67 retail   \$20.00 whl 5 mL bottle
 <b>dōTERRA CHEER™</b> UPLIFTING BLEND <b>A   T   S</b> <b>31720001</b>   25 PV \$33.33 retail   \$25.00 whl 5 mL bottle	 <b>dōTERRA CONSOLE™</b> COMFORTING BLEND <b>A   T   N</b> <b>31730001</b>   37 PV \$49.33 retail   \$37.00 whl 5 mL bottle	 <b>dōTERRA PEACE™</b> REASSURING BLEND <b>A   T   N</b> <b>31710001</b>   28 PV \$37.33 retail   \$28.00 whl 5 mL bottle	



# ESSENTIAL USAGE

## TOPICAL USE



### FRACTIONATED COCONUT OIL

T | N

Ideal for combining with essential oils for topical use.

- Feather-light emollient provides a soothing barrier without clogging pores
- Completely soluble with all essential oils; odorless, colorless, and non-staining

**30260001** | 3.8 oz

\$16.00 retail | \$12.00 wholesale | 12 PV

### HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin

**36100001** | 6.7 oz tube

\$19.33 retail | \$14.50 wholesale | 14.5 PV



### CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG® essential oils that assists with various skin conditions.

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

**60110001** | 15 mL/.5 oz

\$16.00 retail | \$12.00 wholesale | 10 PV

## INTERNAL USE

### VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

**34100001** | 160 HPMC capsules

\$5.33 retail | \$4.00 wholesale | 0 PV



## AROMATIC USE



### PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. It has a relaxing mist and soft white ambient light, and can cover up to 100 square feet. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

**33150001** | 20 PV

\$62.66 retail | \$47.00 wholesale



### AROMA LITE DIFFUSER

- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

**33130001** | 40 PV

\$119.93 retail | \$89.95 wholesale



### AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

**33030001** | 40 PV

\$173.27 retail | \$129.95 wholesale



### LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA® essential oils into the air.

- Features three settings—1, 2, and 3 hours,
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

**33160001** | 40 PV

\$119.93 retail | \$89.95 wholesale

## PRODUCT GUIDE

# dōTERRA ON GUARD® PRODUCTS

### dōTERRA ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of dōTERRA On Guard essential oil blend.

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

### ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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### SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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### TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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### dōTERRA ON GUARD® top seller PROTECTIVE BLEND

#### A T I S

With its unique aroma, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options for internal immune support.\*

31100001	15 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV

### dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA On Guard Protective Blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the benefits of dōTERRA On Guard essential oil blend

38910001	4.2 oz	
\$11.33 retail	\$8.50 wholesale	5 PV

### dōTERRA ON GUARD® PROTECTING THROAT DROPS

Keep your winter season healthy with the convenience of these immune-supporting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

34050001	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



### dōTERRA ON GUARD® LAUNDRY DETERGENT

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.

- Contains 10 mL of dōTERRA On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

38980001	32 fl oz	
\$32.67 retail	\$24.50 wholesale	20 PV

### dōTERRA ON GUARD® BEADLETS

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.

- Supports healthy immune function\*
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend

31580001	125 beadlets	
\$20.00 retail	\$15.00 wholesale	15 PV

### dōTERRA ON GUARD® CLEANER CONCENTRATE

The ideal natural cleaner, dōTERRA On Guard Concentrate is fortified with dōTERRA On Guard Protective Blend.

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001	12 fl oz	
\$19.33 retail	\$14.50 wholesale	10 PV

### dōTERRA ON GUARD®+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support.\* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when needed most.

- Helps support and maintain a healthy immune system\*
- Supports healthy circulation and respiratory function\*

35420001	60 vegetarian softgels	
\$32.67 retail	\$24.50 wholesale	21 PV



### dōTERRA ON GUARD® WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA On Guard Whitenig Toothpaste need to be shared and this convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001	10 samples, 2 g each	
\$4.66 retail	\$3.50 wholesale	0 PV

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# SKIN CARE



## HD CLEAR® TOPICAL BLEND

T | N

Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clean and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear-looking skin by targeting the site of blemishes

<b>49400001</b>	10 mL roll on	
\$28.00 retail	\$21.00 wholesale	21 PV

## HD CLEAR® KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

<b>42700001</b>	40 PV	
\$61.33 retail	\$46.00 wholesale	

## HD CLEAR® FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

<b>49410001</b>	50 mL/1.7 fl oz	
\$45.33 retail	\$34.00 wholesale	34 PV

## HD CLEAR® FOAMING FACE WASH

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

<b>49420001</b>	50 mL/1.7 fl oz	
\$28.00 retail	\$21.00 wholesale	21 PV

## VERÁGE™ SKIN CARE COLLECTION

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy skin.

<b>42690001</b>	70 PV	
\$112.66 retail	\$84.50 wholesale	

## VERÁGE™ TONER

Veráge Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

<b>37390001</b>	50 mL/1.7 fl oz	
\$29.33 retail	\$22.00 wholesale	22 PV

## VERÁGE™ CLEANSER

Smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG essential oils of Wild Orange, Melaleuca (Tea Tree), and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

<b>37380001</b>	60 g / 2 fl oz	
\$33.33 retail	\$25.00 wholesale	25 PV

## VERÁGE™ IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal hydration

<b>37400001</b>	15 mL/.5 fl oz	
\$86.66 retail	\$65.00 wholesale	65 PV

## VERÁGE™ MOISTURIZER

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

<b>37410001</b>	30 g /1 fl oz	
\$37.33 retail	\$28.00 wholesale	28 PV



## PRODUCT GUIDE

### FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe and provide healthy looking skin.

37010001	4 oz	
\$22.00 retail	\$16.50 wholesale	16.5 PV



### PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin.

37020001	4 fl oz	
\$23.33 retail	\$17.50 wholesale	17.5 PV

### HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

### TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and myrrh in generous proportion, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001	1 oz	
\$66.00 retail	\$49.50 wholesale	49.5 PV

### ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

### INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG essential oils of Grapefruit and Peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent blemishes and the proliferation of skin discoloration.

37050001	2.5 oz	
\$24.00 retail	\$18.00 wholesale	18 PV

### IMMORTELLE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful skin.

37140001	10 mL roll on	
\$92.67 retail	\$69.50 wholesale	69.5 PV



### REVEAL FACIAL SYSTEM

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001	2 tubes—1.7 oz each	
\$80.00 retail	\$60.00 wholesale	60 PV

## dōTERRA BREATHE® PRODUCTS



### dōTERRA BREATHE® RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that provide a cooling, invigorating vapor.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapor

49370001	15 mL bottle	
\$26.66 retail	\$20.00 wholesale	20 PV



### dōTERRA BREATHE® RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



### dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001	.4 oz	
\$11.33 retail	\$8.50 wholesale	5 PV



# DEEP BLUE® PRODUCTS

## DEEP BLUE® SOOTHING BLEND

T | S

A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm, and Osmanthus essential oils
- Apply as part of a soothing massage

**31050001** 5 mL bottle

\$42.67 retail \$32.00 wholesale 32 PV

**31380001** 10 mL roll on

\$85.33 retail \$64.00 wholesale 64 PV

## DEEP BLUE® RUB SAMPLES

Receive the targeted benefits of dōTERRA® Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2 mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

**38950001** Ten 2 mL samples

\$6.67 retail \$5.00 wholesale 0 PV

## DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

**38900001** 4 fl oz

\$39.00 retail \$29.25 wholesale 29.25 PV

## LITER BOTTLE New!

**50210001** 1 liter

\$252.00 retail \$189.00 wholesale 160 PV



## DEEP BLUE POLYPHENOL COMPLEX®

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.\*

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function\*
- Includes proprietary, standardized extracts of Ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort\*

**34360001** 60 vegetable capsules

\$79.33 retail \$59.50 wholesale 59.5 PV

# HAIR CARE

## dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

**36280001** 70 PV

\$103.33 retail \$77.50 wholesale



## dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect with nanotechnology

**36230001** 8.34 fl oz

\$30.67 retail \$23.00 wholesale 23 PV



## SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS New!

**36390001** \$11.33 retail \$8.50 wholesale 0 PV

## PROTECTING SHAMPOO 2-PACK

**36240001** \$32.67 retail \$24.50 wholesale 19.5 PV

## SMOOTHING CONDITIONER 2-PACK

**36250001** \$38.67 retail \$28.00 wholesale 23 PV

## SHAMPOO AND CONDITIONER

**36260001** \$37.33 retail \$28.00 wholesale 23 PV

## dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

**36220001** 8.34 fl oz

\$26.00 retail \$19.50 wholesale 19.5 PV

## dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

**36210001** 30 mL

\$46.67 retail \$35.00 wholesale 35 PV

## dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

**36270001** 4 oz

\$24.00 retail \$18.00 wholesale 15 PV

# PRODUCT GUIDE

## SPA

### HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important nutrients, botanicals, and humectants
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

**36100001** | 6.7 fl oz tube

\$19.33 retail | \$14.50 wholesale | 14.5 PV

### 3-PACK

**36110001** | Three 6.7 oz tubes

\$39.93 retail | \$29.95 wholesale | 25 PV



### CITRUS BLISS®

### INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

- Contains dōTERRA® Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

**36130001** | 4 oz

\$9.32 retail | \$6.99 wholesale | 5 PV

### LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA. Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

**36190001** | .15 oz

\$6.33 retail | \$4.75 wholesale | 4 PV

### dōTERRA SERENITY® CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the dōTERRA Serenity Calming Bath Bar.

- Provides the benefits of dōTERRA Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

**36140001** | 4 fl oz tube

\$9.32 retail | \$6.99 wholesale | 5 PV

### ROSE HAND LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Rose Hand Lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

**36170001** | 3.3 oz

\$20.00 retail | \$20.00 wholesale | 0 PV

### CITRUS BLISS® HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important nutrients, botanicals, and humectants

**36200001** | 2.5 fl oz tube

\$8.67 retail | \$6.50 wholesale | 5 PV



### NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

**37420001** | 1.7 oz

\$11.33 retail | \$8.50 wholesale | 5 PV



# DIETARY SUPPLEMENTS



## DDR PRIME®

DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative stress to cellular DNA.\*

- Provides antioxidant protection against oxidative stress\*
- Supports a healthy response to free radicals\*

## DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	\$55.00 wholesale   55 PV

## DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	\$55.00 wholesale   55 PV

MADE WITH VEGETARIAN SOFTGELS

## MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.

- Promotes better microcirculation with Oligonol® lychee fruit extract, quercetin, and other standardized plant extracts
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production\*
- Free of stimulants; not habit forming

34350001	60 vegetable capsules
\$52.67 retail	\$39.50 wholesale   39.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

Oligonal is a registered trademark of Amino Up Chemical Co., Ltd

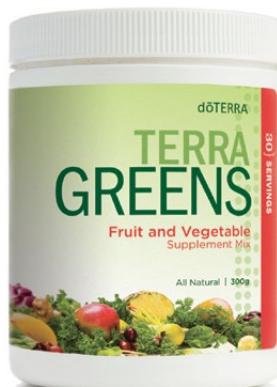
MADE WITH VEGETARIAN SOFTGELS

## IQ MEGA®

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.

- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function\*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001	150 mL
\$46.00 retail	\$34.50 wholesale   30 PV



## TERRAGREENS®

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, Slim & Sassy TrimShakes®, or your favorite beverage.

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale   20 PV

## TRIEASE® SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.\* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.\*

- Promotes clear breathing and healthy respiratory function\*
- Cleanses the body's systems\*
- Supports healthy immune system function\*

49310001	60 Softgels
\$30.00 retail	\$22.50 wholesale   20 PV

MADE WITH VEGETARIAN SOFTGELS

# CHILDREN'S SUPPLEMENTS

## dōTERRA a2z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide the nutrients your body needs for optimal health.\*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection\*
- Promotes healthy cell development and longevity when taken daily\*

35330001	60 tablets
\$26.00 retail	\$19.50 wholesale   15 PV



## PRODUCT GUIDE

# DAILY VITALITY

### LOYALTY REWARDS PROGRAM

**dōTERRA LIFELONG VITALITY PACK®  
DIETARY SUPPLEMENTS  
INCLUDING ALPHA CRS®+  
MICROPLEX MVp™ AND xEO MEGA®**

20640001 | \$106.00 retail | \$79.50 wholesale | 60 PV



#### MICROPLEX MVp™ FOOD NUTRIENT COMPLEX

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day.

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need—nothing more and nothing less\*
- Highly bioavailable chelated minerals\*
- Potent, antioxidant polyphenol extract blend\*
- All-new whole foods blend
- Also features the dōTERRA® tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach\*

34320001 | 120 vegetable capsules  
\$52.67 retail | \$39.50 wholesale | 39.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES



#### xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural, marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health\*
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection\*

34310001 | 120 softgels  
\$66.00 retail | \$49.50 wholesale | 49.5 PV

MADE WITH VEGETARIAN  
SOFTGELS



#### xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural, plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health\*
- Includes a unique form of the carotenoid astaxanthin for antioxidant support\*

34260001 | 120 softgels  
\$66.00 retail | \$49.50 wholesale | 49.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES



#### ALPHA CRS®+ CELLULAR VITALITY COMPLEX

Provides antioxidant protection to cellular DNA and other critical cell structures.\*

- Supports healthy cell proliferation and lifespan\*
- Promotes mitochondrial energy production\*
- Supports a healthy immune function\*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend\*

34180001 | 120 Vegetable Capsules  
\$92.67 retail | \$69.50 wholesale | 69.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**LOYALTY  
REWARDS  
PROGRAM**

**dōTERRA DAILY NUTRIENT PACK®  
MICROPLEX MVP™ AND XEO MEGA®**

20650001	50 PV
\$79.33 retail	\$59.50 wholesale



## PERSONALIZED WELLNESS PROGRAM

**LOYALTY  
REWARDS  
PROGRAM**

### Customize and Save

With the purchase of one dōTERRA Lifelong Vitality Pack or one dōTERRA Daily Nutrient Pack via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

#### BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$59.50  
wholesale  
50 PV

OR



\$79.50  
wholesale  
60 PV

#### AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



**Microplex  
MVP™**  
\$20.00  
10 PV



**xEO  
Mega\***  
\$20.00  
10 PV



**Mito2  
Max\***  
\$20.00  
10 PV



**Deep Blue  
Polyphenol  
Complex™**  
\$20.00  
10 PV



**TerraZyme®**  
\$20.00  
10 PV



**PB Assist\*+**  
\$20.00  
10 PV



**Kids Kit  
(IQ Mega® & A2Z)**  
\$25.00  
10 PV

## PRODUCT GUIDE

# DIGESTIVE HEALTH



### DIGESTZEN® DIGESTIVE BLEND

**A T I N**

The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.\*

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of queasiness\*
- Helps reduce bloating, gas, and occasional indigestion\*

31030001	15 mL bottle
\$41.33 retail	\$31.00 wholesale   31 PV



### DIGESTZEN® SOFTGELS

dōTERRA® DigestZen Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.\*

35430001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale   15 PV

MADE WITH VEGETARIAN SOFTGELS



### DIGEST TAB™ CHEWABLE TABLETS

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with DigestZen Digestive Blend to deliver the benefits of DigestZen essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.

- Helps provide relief from occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract\*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn
- Helps relieve occasional sour stomach\*
- Provides 200 mg of calcium per tablet

34380001	100 chewable tablets
\$18.67 retail	\$14.00 wholesale   10 PV



### DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX

**top seller**

DigestZen TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.\*

- Supports the body's constant production of enzymes critical for healthy biochemical functions\*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy\*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber\*

35110001	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale   37.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist+ with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.\*

- Features Oregano, Melaleuca (Tea Tree), Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract and microfloral balance\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula\*

35040001	60 softgels
\$34.67 retail	\$26.00 wholesale   26 PV

MADE WITH ENTERIC SOFTGELS



### PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth\*
- Time-release double capsule designed to protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity\*

35160001	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale   34.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES

\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



### ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrine.

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances\*
- Can be used individually or in combination with Zendocrine Detoxification Complex

31460001	15 mL bottle
\$32.67 retail	\$24.50 wholesale   24.5 PV



### ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrine Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrine essential oil blend.

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale   21.5 PV

MADE WITH VEGETARIAN SOFTGELS



### ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrine Detoxification Complex.\*

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin\*

35120001	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale   24.5 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES

## WOMEN'S HEALTH



### LOYALTY REWARDS PROGRAM

### WOMEN'S HEALTH KIT

Includes Phytoestrogen Lifetime Complex™, Bone Nutrient Lifetime Complex™, and ClaryCalm® Monthly Essential Oil Blend.

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
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### PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.\*

- Includes a standardized soy extract with genistein, a powerful phytoestrogen\*
- Supports healthy hormonal balance\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

35260001	60 capsules
\$52.67 retail	\$39.50 wholesale   39.5 PV

### BONE NUTRIENT LIFETIME COMPLEX™

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.\*

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets\*

35240001	120 capsules
\$23.33 retail	\$17.50 wholesale   12 PV

MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### CLARYCALM® MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the emotional mood swings of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

35270001	10 mL roll on
\$32.67 retail	\$24.50 wholesale   24.5 PV

## PRODUCT GUIDE

# SLIM & SASSY®

### SLIM & SASSY® TRIMSHAKE

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients. TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating. Includes Solathin®, a special protein extract that supports increased feelings of satiety. Blends well with nonfat dairy, almond, rice, and soy milk or water.

<b>35180001</b>	vanilla	
\$52.67 retail	\$39.50 wholesale	25 PV
<b>35200001</b>	chocolate	
\$52.67 retail	\$39.50 wholesale	25 PV

### SLIM & SASSY® TRIM KIT

Four 15 mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

<b>40770001</b>	1 Chocolate, 1 Vanilla	
\$200 retail	\$150 wholesale	125 PV
<b>35280001</b>	2 Chocolate	
\$200 retail	\$150 wholesale	125 PV
<b>35290001</b>	2 Vanilla	
\$200 retail	\$150 wholesale	125 PV
<b>60130001</b>	2 V Shake	
\$200 retail	\$150 wholesale	125 PV

### SLIM & SASSY® V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin® and EssentraTrim®
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

<b>35440001</b>		
\$52.67 retail	\$39.50 wholesale	25 PV



### SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.\* The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.\*

- Enhances metabolism\*
- Helps manage hunger cravings\*
- Promotes healthy digestion\*

<b>34270001</b>	60 vegetarian softgels	
\$46.00 retail	\$34.50 wholesale	30 PV

MADE WITH VEGETARIAN SOFTGELS

### SLIM & SASSY® top seller METABOLIC BLEND

A T I S

Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism\*
- Helps manage hunger cravings\*
- Calms your stomach and lifts your mood\*
- Diuretic-, stimulant-, and calorie-free

<b>31370001</b>	15 mL bottle	
\$32.67 retail	\$24.50 wholesale	24.5 PV



### SLIM & SASSY CONTRŌL™ INSTANT MIX

Slim & Sassy Contrōl is available in a powdered mix that you can take at any time during the day to help control your appetite.\* Slim & Sassy Contrōl contains a revolutionary ingredient made from spinach extract called Appethyl®, which has been clinically shown to significantly reduce appetite for up to 6 hours.\*

- Helps promote appetite control and manage portion sizes\*
- Helps maintain healthy food intake\*
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time\*

<b>34150001</b>	30 sachets	
\$79.33 retail	\$59.50 wholesale	50 PV

### SLIM & SASSY CONTRŌL™ BARS

Contrōl is also available in a tasty bar. Convenient for people who are always on the go, Contrōl delivers the appetite-controlling power of Appethyl® to help you in your quest to manage your weight and your overall well-being.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time

<b>34330001</b>	10 apple cinnamon bars	
\$36.67 retail	\$27.50 wholesale	20 PV
<b>34340001</b>	10 lemon bars	
\$36.67 retail	\$27.50 wholesale	20 PV

### CONTRŌL BAR 3-PACK

<b>20900001</b>	10 bars of each flavor	
\$99.33 retail	\$74.50 wholesale	50 PV

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a registered trademark of Greenleaf Medical AB.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# ENROLLMENT KITS



## CLEANSE & RESTORE

- dōTERRA Lifelong Vitality Pack®
- PB Assist®+
- GX Assist®
- Zendocrine® Softgels
- DigestZen TerraZyme®
- Lemon (15 mL)
- Wellness Advocate Introductory Packet

**32950001**

\$259.93 retail | \$195.00 wholesale | 125 PV



## ATHLETE +

- Athlete's Kit: Canvas bag, Deep Blue® Rub, and 5 mL bottles of dōTERRA Breathe®, dōTERRA On Guard®, Lavender, Melaleuca (Tea Tree), Peppermint
- Deep Blue Polyphenol Complex™
- Mito2Max®
- dōTERRA Daily Nutrient Pack®
- Wellness Advocate Introductory Packet

**21320001**

\$259.93 retail | \$195.00 wholesale | 125 PV



## HOME ESSENTIALS

- Frankincense
- Lavender
- Lemon
- Melaleuca (Tea Tree)
- Oregano
- Peppermint
- dōTERRA Breathe
- DigestZen®
- dōTERRA On Guard
- Deep Blue (5 mL)
- Petal Diffuser
- Wellness Advocate Introductory Packet

**41180001**

\$366.57 retail | \$275.00 wholesale | 225 PV



## EMOTIONAL AROMATHERAPY

- dōTERRA Emotional Aromatherapy™ 5 mL bottles of dōTERRA Motivate™, dōTERRA Cheer™, dōTERRA Passion™, dōTERRA Forgive™, dōTERRA Console™, dōTERRA Peace™
- Petal Diffuser
- Wellness Advocate Introductory Packet

**21310001**

\$259.93 retail | \$195.00 wholesale | 145 PV



## NATURAL SOLUTIONS

### ESSENTIAL OILS:

- **5 mL bottles:**  
DigestZen  
Purify  
Melaleuca (Tea Tree)  
Oregano  
AromaTouch®  
Frankincense  
dōTERRA Serenity®  
dōTERRA Breathe  
dōTERRA Balance®
- **10 mL bottles:**  
PastTense®  
ClaryCalm®
- **15 mL bottles:**  
Citrus Bliss®  
Lavender  
Lemon  
Peppermint  
Slim & Sassy®  
Lemongrass  
dōTERRA On Guard®

### OTHER PRODUCTS:

- dōTERRA Lifelong Vitality Pack
- DigestZen TerraZyme®
- HD Clear® Foaming Face Wash
- Deep Blue Rub
- Fractionated Coconut Oil (4 oz)
- Aroma Lite Diffuser
- Wooden Box
- dōTERRA Breathe® Vapor Stick
- Correct-X®
- dōTERRA On Guard Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers
- Wellness Advocate Introductory Packet

**21290001**

\$733.15 retail | \$550.00 wholesale | 400 PV



## FAMILY PHYSICIAN® AND BEADLETS

- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca (Tea Tree), Oregano, Frankincense, Deep Blue, dōTERRA Breathe, DigestZen, and dōTERRA On Guard
- Peppermint Beadlets
- dōTERRA On Guard Beadlets
- Wellness Advocate Introductory Packet

**21310001**

\$199.95 retail | \$150.00 wholesale | 110 PV

dōTERRA®

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Pleasant Grove, UT 84062  
1 800 411 8151  
[doterra.com](http://doterra.com)

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PERMIT #6563  
SALT LAKE CITY, UTAH

# IMMORTELLE

*Anti-Aging Blend*

## Be {you}tiful

Hawaiian Sandalwood  
Frankincense  
Helichrysum

Myrrh Resin  
Lavender  
Rose



### dōTERRA Immortelle

*Anti-Aging Blend*

37140001	10 mL roll on
\$92.67 retail	\$69.50 wholesale   69.5 PV



v1 60200006

dōTERRA®

CPTG Certified Pure Therapeutic Grade®